



	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	OPEN (Full Gym) 5:30-9A	Boot Camp 5:30-6:30A	OPEN (Full Gym) 5:30 - 8:30A Open 1/2 Gym 8:30A-12P	Boot Camp 5:30-6:30A	OPEN 5:30 - 7:15A 40+ BB (Full Gym) 7:15 - 9:15A	CLOSED
6:00am							
7:00am							
7:30am							
8:00am	OPEN 8-9A	TRX 9-9:30A (1/2 Gym) (Open 1/2 Gym) 9A-12P	40+ BB (Full Gym) 7:15 - 9:15A	Open 1/2 Gym 8:30A-12P	OPEN (Full Gym) 6:30 - 9:30A	40+ BB (Full Gym) 7:15 - 9:15A	6:30-8:00A
8:30am							
9:00am							
9:30am							
10:00am	Quick Start 9-10:25A						
10:30am	Tennis 9-10:25A						
11:00am	Tumbling 10:30A-11:30A						
11:30am	OPEN						
12:00pm	Family 12-2P (1/2 Gym)						
12:30pm							
1:00pm	OPEN (1/2 Gym)	OPEN (1/2 Gym) 12:45-4P	OPEN (1/2 Gym) 12:45-4P	OPEN (1/2 Gym) 12:45-4P	OPEN (1/2 Gym) 12:45-4P	OPEN (1/2 Gym) 12:45-4P	OPEN (Full Gym) 12:30-4P
1:30pm	OPEN (Full Gym) 2-6P	Nutrication 1/2 Gym 1-4P	Nutrication 1/2 Gym 1-4P	Nutrication 1/2 Gym 1-4P	Nutrication 1/2 Gym 1-4P	Nutrication 1/2 Gym 1-4P	
2:00pm		Family Gym (1/2 Gym) 6-7P	HS/MS OPEN (1/2 Gym) 2:30-5P	OPEN FULL GYM 4-5:30P	HS/MS OPEN (1/2 Gym) 2:30-5P	Open Full Gym 4-6P	
2:30pm			TRX 5:30-6:00P	OPEN Full Gym	Family Gym (1/2 Gym) 5:30-7:30P	OPEN 1/2 Gym 5-6P	
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	Cardio Kickboxing 6:15-7:30P	5-7:30P	Boot Camp (1/2 Gym) 6:30-7:15P	5-6P	OPEN (1/2 Gym) 6-7P	OPEN (Full Gym) 6- 7:55P
6:30pm							
7:00pm							
7:30pm							
8:00pm	FACILITY						
8:30pm	CLOSES						
9:00pm	8:00P	FACILITY CLOSES AT 9:00P MONDAY - FRIDAY					8:00P

Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

Youth Futsal = High School and Middle School Drop In

FG = Family Gym (Parent/Guardian with child(ren) only).

Futsal = Soccer Alternative Drop In Program 15+

Adult Open Basketball 18+ and out of HS

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre-registered Fitness Class

Tumbling, Ages 3-5

QuickStart Tennis

***When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym***

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at www.mansfieldccc.com

*****GYM RESERVED*****

7/7-Downtown Movie Night 5:30-9P, Rain Location

7/21-Downtown Movie Night 5:30-9P, Rain Location

7/17-7/21 Nutrication Camp, 1/2 Gym 1-4P